

# Infant Massage Class

**FREE FIVE WEEK CLASS SERIES FOR BABIES UP TO 12 MONTHS**

**Learn techniques to massage your baby that can:**

- Enhance Infant-parent attachment
  - Relax baby and parent
  - Promote better sleep
- Relieve gas, colic, and constipation
  - Boost immune system
- Develop muscle tone and coordination
- Boost confidence and self-esteem in parenting
  - Help aid digestion
- Improve skin conditions and blood circulation

## **WHEN**

**Monday mornings 9:45am-10:45am**

**March 9, 2020-April 6, 2020**

## **WHERE**

**Watertown Public Library**

**100 S. Water St.**

**Watertown, WI 53094**

**Instructor: Steffani Evans, Service Coordinator/Home Visitor**

**Jefferson County Birth to 3 Program**

**To Register: Email [steffanie@jeffersoncountywi.gov](mailto:steffanie@jeffersoncountywi.gov) or call 920-674-7445**